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Pinda Sweda and its possible modification: A Critical Review

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ABSTRACT

Swedana (sudation) is a common procedure which is practised as *Poorvakarma* (pre-operative) before any *Panchakarma*. *Pinda* (bolus) *Sweda* is a kind of passive body heat therapy, which is known to cause systemic hemodynamic changes. *Pinda Sweda* refers to the *Swedana* done in the form of the *Pinda*. According to the conditions of the patients, one can opt different types of *Pinda Sweda* as mentioned in *Samhitas* and one can make new combinations as per the need and availability and properties of drugs. The present review describes the survey on *Pinda Sweda* which is used as a treatment modality in the Ayurvedic system of medicine and the possible modifications one can make according to the availability, demand and condition.

Key words: *Pinda Sweda*, Recent Advancements, Modifications.

INTRODUCTION

Any procedure of *Panchakarma* includes three *Karma* i.e. *Poorvakarma*, *Pradhanakarma* (operative) and *Panchakarma* (post-operative). The *Swedana Karma* is basically a part of *Poorvakarma* of any *Panchakarma* procedure. *Swedana* is the therapy which makes the body to perspire.^[1] It can be performed by various methods. Basically, there are two types of *Sweda* which are classified as *Sagni Sweda* (direct contact with fire) and *Niragni Sweda*^[2] (without the direct contact of fire). Among these 13 *Sagni Sweda Sankara Sweda* is one among them. In classics, it is mentioned as the *Sankaradi Sweda* is one of the most ancient treatments in Ayurveda.^[3] *Pinda Sweda* is

based on the principles of *Sankara Sweda*. It comes under *Tapa Sweda* of four types of *Sweda*. It is the fomentation by means of *Pinda* (bolus) containing drugs with or without being wrapped with a cloth.^[4]

This *Sankara Sweda* is further classified as *Rooksha Sankara Sweda* and *Snigdha Sankara Sweda* based on the *Dravya* used.

In *Ruksha* (dry) *Sankara Sweda*, hot solid substances such as stool of different animals like Cow, Horse, Camel, Sand, Brick, Stone are used and this type *Swedana* can be adopted in *Kapha* vitiated patients.^[5]

Snigdha (Unctuous) *Sankara Sweda*: The thick gruel is prepared from the substances like -*Tila* (Sesame), *Masha* (Black gram), *Kulatha* (Horse gram), *Amla Dravya* (Citric fruits), *Ghrita* (ghee), *Taila* (oil), *Payasa* (rice and milk pudding) and this type of *Sweda* is more useful in the conditions of *Kevala Vata*.^[6] *Shashtika Shali Pinda Sweda* and *Nirgundi Patra Pinda Sweda* are its varieties.

Based on the *Guna* (properties) of the *Dravya* used for the *Swedana Karma* is of three types *Snigdha* - *Ruksha*, *Snigdha*, *Ruksha* for *Vata-Kapha*, *Vata* and *Kapha* respectively.^[7] so, one can classify *Pinda Sweda* according to the *Guna* of *Dravya* used.

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Table 1: Possible Classification of Pinda Sweda according to the Guna of Dravya used.

Snigdha	Snigdha-Ruksha	Ruksha
Mamsa Pinda	Sweta Patra Pinda Sweda	Valuka Pinda Sweda
Masha Pinda Sweda	Jambeera Pinda Sweda	Tusha Pinda Sweda
Shashtika Shali Pinda Sweda	Choorna Pinda Sweda	Karisha Pinda Sweda
Godhuma Pinda Sweda	Chincha Lavana Pinda Sweda	Karpasabeeja Pinda Sweda

For the practical applicability of Pinda Sweda it is mentioned as when Vata is localized in Amashaya, first Rooksha Sweda should be administered and when Kapha is localized in Pakwashaya (intestines) first Snigdha Sweda should be administered.^[8]

Valuka Sweda

Valuka Sweda is one of the Rukshakriyas. It can be done over the whole body or locally on a specific part. It relieves pain and inflammation. Commonly used as Ekanga Sweda in Sandhigata Vata (osteoarthritis), Amavata (rheumatoid arthritis) etc.

MATERIALS REQUIRED

Table 2: Materials required for Valuka Sweda

SN	Ingredients	Amount/weight
1.	Sand	1 kg
2.	Cotton cloth	2
3.	Tags	2
4.	Vessel (iron)	1
5.	Rasnadi choorna	5 g

Amavata, Urustambha, Medo Roga, Granthi, Kapha Medavritavata. The Valuka heated and tied into pottalis can be applied directly or by dipping into

Kanji.^[9] This is very useful in alleviating Vata and Kapha diseases and pain all over body etc.

Possible Modifications

Pranipurisha (Stool of animals), Lavana (rock salt), Ishtika choorna (brick powder), Vatahara Patras, Nirgundi (Vitex negundo), Arka (Calotropis procera), Agnimantha (Clerodendrum phlomis), Dhatura (Datura metel), Vatahara Choorna, Rasna (Pluchea lanceolata), Devdaru (Cedrus deodara) etc. can be done before applying Taila (Nimba Taila, Brhat Saindhavadi Taila, Kottamchukadi Taila).

Patra Pinda Sweda

The word "Patra Pinda" is made of two words, Patra means leaves and Pinda means bundle. Patra Pinda Sweda refers to the Swedana performed using a bundle of Vata Kaphahara Patra and it is a form of Ushma Sweda.

Table 3: Materials required for Patra Pinda Sweda.

Drugs/ingredients	Weight/Amount
Nirgundi (Vitex negundo)	100g
Eranda (Ricinus communis)	100g
Chincha (Tamarindus indica)	100g
Dhatura (Datura metel)	25g
Shigru (Moringa oleifera)	25g
Arka (Calotropis Procera)	25g
Grated coconut	150g (½ coconut)
Lemon	4
Cotton cloth	(45 cm X 45cm) 2 pieces
Tags	2

Possible Modifications

Instead of different Patras only one Patra Pottali can be used. Eg. (Nirgundi Patra Pinda Sweda, Arka Patra Pinda Sweda). Different Choorna combinations can be done. Egg yolk can also be used.

Jambeera Pinda Sweda

The *Jambeera Pinda Sweda* is performed with the bolus of *Jambeera* (lemon) pieces. This is mainly applied in *Vata-Kapha* predominant conditions. It is usually done in frozen shoulder, plantar fasciitis, and traumatic conditions. It is *Sophahara*, *Rooksha* and *Teekshna*.

Table 4: Materials required for *Jambeera Pinda Sweda*

Drugs/ingredients	Weight/Amount
<i>Jambeera</i> (Lemon)	(around 20 in number and chopped into pieces) 750g
Saindhava (Rock salt)	30 g
Lashuna (Garlic)	200g
Turmeric powder	60g
Cotton cloth	(45cm X 45cm) 4
Threads	2
Vessels for heating	2
Suitable oil for Talam	10 ml
Rasna choorna	5gm
Suitable oil for Abhyanga	100 ml
Oil for reheating the Pottali	Q.S.

Possible modifications

Madiphala (*Citrus medica*) can be used instead of lemon. For frying *Vasa* (fat) and *Majja* (bone marrow) of different animals can be used.

Shashtika Shali Pinda Sweda

Shashtika Shali (rice harvested in 60 days) *Pinda Sweda* is performed as *Ekanga* or *Sarvanga* with the bolus of boiled *Shashtika shali* with *Balamoola* kwatha and *Ksheera*. The main properties of *Shashtika* are *Snigdha*, *Guru*, *Sthira*, *Sheeta* and *Tridoshaghna*. Though a *Swedakarma*, it has *Brimhana* guna.

Table 5: Materials required for *Sashtika Shali Pinda Sweda*.

Drugs/ingredients	Weight/Amount
Shashtika shali	250g
Balamoola	250g
Water	4 ltr
Cow's milk	1 ltr
Kora cloth	(45cm X 45cm) - 4
Thread	(75cm) 4
Vessels For preparing Kwatha, rice and for heating the Pottalis	3
Oil for Talam	10ml
Rasna choorna	5g
Suitable oil for Abhyanga	100ml
Masseurs	2

Possible Modifications

Masha, Grated Coconut, Tila, Egg, Soybean, Godhuma (wheat flour) can be added to get more benefits of *Shashtika Shali Pinda Sweda*.

Choorna Pinda Sweda

Choorna Pinda Sweda comes under *Ushma sweda*. This procedure is to be carried out with the mixture of various choorna combinations like *Methika* (*Fenugreek*), *Sarshapa* (*Mustard*), *Shatapushpa* (*Anethum graveolens*), *Jatamansi* (*Nardostachys jatamansi*), *Atasi* (*flax seeds*). There are two methods of performing this *Pinda Sweda*; *Snigdha* and *Rooksha*. In *Snigdha pinda Sweda*, first oil is massaged over the body and the pottalis are also heated in oil. The Pottali can also be heated with the steam of different *Drava* (liquid) *dravyas* like *Dhanyamla* in some specific conditions.

Table 6: Materials required for Choorna Pinda Sweda.

Drugs/ingredients	Weight/Amount
Suitable choorna (coarse/fine)	1kg
Cotton cloth	(45 cm X 45 cm) 2
Tags	2
Rasna Choorna	5g

Recent Advancements

Choorna Pinda Sweda with dhanyamla dipping

Table 7: Materials required for Choorna Pinda Sweda with Dhanyamla dipping

Drug	Sthanika	Sarvanga
Kolakulathadi Churna	50 g	200g
Kulattha Churna	50 g	200g
Dhanyamla	1 (300ml–cooking + 700ml-dipping)	2 (500ml-cooking + 1.5ltr-dipping)
Kora Cotton Cloth	1 = (18" x 18")	4 = (18" x 18")
Tag	1 = (18")	4 = (18")

Above drugs are mixed with 500 ml of Dhanyamla properly and cooked. The heated Pottali is dipped in Dhanyamla and swedana was done over Kati Pradesh (low back region) upto the attainment of proper symptoms of sudation. In between the procedure, the Dhanyamla should be reheated to maintain the same temperature throughout the procedure. One Pottali should be used only once.

Possible Modifications

Different choornas can be used like - Jadamyadi choorna, Kottamchukadi churna or a combination of different single drug choorna. Instead of Dhanyaml, Chinchra rasa, Gomutra, Takra or Kashaya can be used.

CONCLUSION

Swedana is one of the important treatment modality which is useful in the treatment of diseases in the form of *Poorvakarma*, *Pradhana Karma* as well as *Paschat Karma*. The *Dravyas* (substances) mentioned for *Swedana* each of them has different properties and actions, it should be used depending on condition. There are many *Dravya* mentioned by Acharya one should select them depending upon *Desha*, *Roga*, and availability of *Dravya*. *Pinda Sweda* is a widely practised *Swedana* procedure where the treatment principle is based on combined effect of heat and medicament. Hence, based on *Roga* (disease) and *Rogi* (patient) one can plan different combinations of *Pinda Sweda* according to the availability and properties of the drugs.

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